WHAT IS CLAIMED IS:

1. A composition comprising a peptide consisting of 2 D-amino acids and 11 L-amino acids, said peptide having the formula R_1-R_2-R_3-R_4-R_5, proceeding from the amino-terminus to the carboxy-terminus, wherein:
R_1 is a D-amino acid followed by alanine or lysine;
R_2 is selected from the group consisting of cyclohexylalanine, tyrosine, and phenylalanine;
R_3 is 3 or 4 amino acids, wherein each amino acid is independently selected from the group consisting of alanine, isoleucine, serine and valine;
R_4 is selected from the group consisting of threonine-leucine-lysine, lysine-theronine, and tryptophan-threonine-leucine-lysine; and
R_5 consists of 2 or 4 amino acids followed by a D-amino acid, wherein each of the 2 or 4 amino acids is independently selected from the group consisting of alanine, serine and valine.

2. The composition of claim 1 wherein:
R_1 is D-alanine followed by alanine or lysine;
R_2 is clyclohexylalanine or phenylalanine;
R3 is 3 or 4 amino acid, wherein each of the 3 or 4 amino acids is selected from the group comprising alanine, isoleucine, and valine; and
R_5 is 2 or 4 alanines followed by D-alanine.

3. The composition of claim 2 wherein the peptide is selected from the group consisting of aAXAAAKTAAAAa, aAXAAAATLKAAa, aAXVAAATLKAAa, aAXIAAATLKAAa, aKXVAAWTLKAAa, and aKFVAAWTLKAAa wherein *a* is D-alanine, *A* is alanine, *X* is cyclohexylalanine, *K* is lysine, *T* is threonine, *L* is leucine, *V* is valine, *I* is isolucine, *W* is tryptophan, and *F* is phenylalanine.

4. A pharmaceutical composition comprising a pharmaceutically acceptable carrier and the peptide of claim 1.

5. A composition comprising a CTL inducing peptide and a T helper peptide, wherein the T helper peptide is a peptide of claim 1.

6. The composition of claim 5, wherein the CTL inducing peptide is acetylated, palmitylated, or acylated with a fatty acid.

7. The composition of claim 5, wherein the CTL inducing peptide is linked to the T helper peptide to form a CTL/T helper peptide conjugate.

8. The composition of claim 7, wherein the CTL/T helper peptide conjugate is linked to a carrier.

9. The composition of claim 6, wherein the CTL inducing peptide is linked to the T helper peptide by a spacer molecule.

10. The composition of claim 9, wherein the spacer is Ala=Ala-Ala.

11. A method of inhibiting activation of T cells in a patient, the method comprising administering to the patient a therapeutically effective dose of a pharmaceutical composition comprising a pharmaceutically acceptable carrier and a peptide of between about 4 and about 20 residues, the peptide being capable of binding antigen binding sites on MHC molcules encoded by substantially all alleles of a DR locus.

12. The method of claim 11 wherein the peptide is the peptide of claim 1.

13. The method of claim 11 wherein the peptide is the peptide of claim 3.

14. A method of inducing activation of T cell clones in a patient, the method comprising administering to the patient

a therapeutically effective dose of a pharmaceutical composition comprising a pharmaceutically acceptable carrier and a peptide of between about 4 and about 20 residues, the peptide being capable of binding antigen binding sites on MHC molecules encoded by substantially all alleles of a DR locus.

15. The method of claim 14 wherein the peptide is conjugated to a CTL inducing peptide.

16. The method of claim 14 wherein the peptide is the peptide of claim 1.

17. The method of claim 14 wherein the peptide is is the peptide of claim 3.

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